

VILLAGE OF FRIENDSHIP HEIGHTS

VILLAGE COUNCIL

MELANIE ROSE WHITE, *Mayor*
ROBERT PESTRONK, *Chairman*
MARTHA SOLT, *Secretary*
ROY SCHAEFFER, *Treasurer*
PAULA DURBIN, *Parliamentarian*
CHERYL TYLER
MICHAEL MEZEY

JULIAN P. MANSFIELD, *Village Manager*

4433 SOUTH PARK AVENUE
CHEVY CHASE, MARYLAND 20815

Phone: 301-656-2797

Fax: 301-907-3922

Email: info@friendshipheightsmd.gov

Website: www.friendshipheightsmd.gov



Correction to “Page Park construction update” on Page 3 of the October Newsletter

Please be advised that the Village is correcting a report in the October 2023 print version of the Village News. On page 3, the Village Council Update on "Page Park construction update" should read as follows:

At its September 11 meeting, the Council adopted its negotiating team’s recommendation to amend the agreement with GreenSweep. The amendment authorizes payment of \$100,000 subject to a number of conditions which must be met by GreenSweep before any payment is made. GreenSweep subsequently accepted all terms and conditions proposed by the Council. The amendment has now been signed by GreenSweep and the Village.

Among the conditions of the amendment are that a permit application must be submitted by GreenSweep to the County’s Department of Permitting Services, and that notice must be received by the Village that a complete permit application containing all information required for the County’s review was received by the County. One element required for the County’s review is a technical analysis of several aspects of the Park’s design along with certification of those design elements by a licensed engineer. As the October Village News goes to press, GreenSweep has not received the analysis and certification.

As a result, GreenSweep has not submitted its permit application to the County’s Department of Permitting Services. No review by that department can commence. Page Park remains closed until further notice, and its opening date remains uncertain.

Posted 10/1/23



Friendship Heights

VILLAGE NEWS

OCTOBER 2023 VOLUME 40, NO. 10 www.friendshipheightsmd.gov 301-656-2797



Millennial Meet-up, see page 5.

Join friends for food, fun and music

Celebrate the season of falling leaves and temperatures, crisp apples, and plump pumpkins on **Saturday, Oct. 28, from 1 to 2:30 p.m.** in Hubert Humphrey Park in front of the Village Center. The event will be held rain or shine.

Gather with Village friends and neighbors during this year's Fall Festival while you enjoy the sounds of Blue Train Bluegrass and enjoy festive fare, including fresh empanadas and sweet treats! Refreshments will be served from 1 to 2:30 p.m. We'll also have a variety of fun activities for



children.

The community is invited to bring a canned good to kick off our annual autumn food drive to benefit Manna Food Bank in Gaithersburg. Look for the cardboard cutout harvest truck.

Please join us for this seasonal community celebration.



Just say Boo!

Our children's Halloween Party is set for Oct. 20

Calling the neighborhood's little witches, superheroes, dinosaurs and goblins ...get ready for some spooky fun and games at the Village Center's annual Halloween Party! Children ages 2-10 are encouraged to wear their favorite Halloween costumes and join us on **Friday, Oct. 20, from 6:30 to 8 p.m.** We'll be serving pizza, drinks and cupcakes to the children; watch Rolie Polie Olie's "The Legend of Spookie Ookie" and Book of Pooh's "Just Say Boo!"; play glow-in-the dark bowling and make some fun crafts. Registration is required! The deadline to sign up on ActiveNet is Oct. 17. Children must be accompanied by an adult.

Our festive Pop-Up Artisan Shop returns

Stop by our Pop-Up Artisan Shop for great shopping in a fun and festive atmosphere. The party begins with a reception, featuring light snacks, music by pianist Bob Deiner, and great shopping opportunities on **Friday, Nov. 3, from 5:30 to 8 p.m., and continues on Saturday, Nov. 4, from 10 a.m. to 4 p.m.,** with more shopping, art activities and food concessions.

All items are made by the artists who are in attendance and happy to discuss their creative process. Artists will sell items ranging from Ukrainian pottery to Chinese Brush decorated pillows and fans, jewelry made with items from around the world, and much more. Our exhibitors will also be selling hand-crafted wooden bowls and gifts, metalworks, 3-D printed

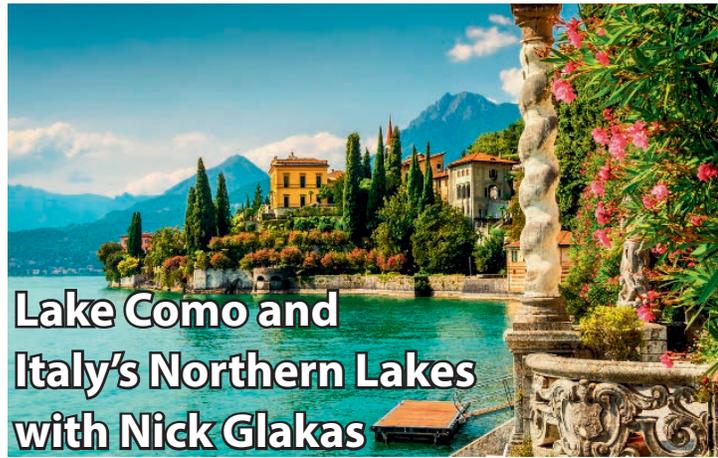
Continued on page 2, see Artisan

Stop by our fair and get to know our local businesses

When you stop by our farmers market on **Saturday, Oct. 14,** please say hello to neighborhood business vendors who will be in Hubert Humphrey Park to share their services with you during our Village of Friendship Heights Business Fair.

You can learn about Smith Life Home Care, the Friendship Heights Neighborhood Network, boutique beauty salon Salon Roi, the Storybook Cottage School, HarrisTeeter, TCM Doctor Kim Coleman, Get Well Rehab, SPE Dive School, Sloans & Kenyon

Auctioneer and Appraisals, Chevy Chase Cosmetic and Dermatology, and the Montgomery County Planning Department. The Fair will run from **10:30 a.m. to 1:30 p.m.,** and will move inside in the event of inclement weather.



Kim Coleman discusses the healthiest foods for autumn

Join us on **Wednesday, Oct. 18, from 9:30 to 10:30 a.m.**, when Kim Coleman, registered nurse and doctor of acupuncture, presents a talk on the best foods to eat during autumn. In Traditional Chinese medicine (TCM) there are five elements that correspond to different times of the year, and organs in our bodies. Metal is the element of Fall and associated with our lungs and large intestine.

Come learn how to support your lung and large intestine organs and hear about ways to cope when we inevitably overeat at family gatherings.

Dr. Coleman will offer an overview of TCM, dietary suggestions and lifestyle adaptations for fall, along with self-care treatments for seasonal conditions, such as the common cold and flu.

To ensure a seat, go to our website at www.friendshipheightsmd.gov, go to What's New, scroll to Activities, and sign up through ActiveNet.

Lake Como and Italy's Northern Lakes with Nick Glakas

Popular lecturer Nick Glakas returns to the Village Center on **Monday, Oct. 23, at 7 p.m.**, to acquaint us with the beauty of Italy's northern lakes.

First up will be Lake Como, sometimes called by visitors and poets like Wordsworth and Shelley the most beautiful lake in the world. Lake Como has for two thousand years hosted a colorful assortment of the powerful and the wealthy, the artistic and the romantic, who have built their villas and palaces, their gardens and cathedrals, making the lake a fairy tale spot of true beauty.

Lake Lugano, situated between Como and the more famous Lake Maggiore, borders both northern Italy and southern Switzerland and is surrounded by mountains on all sides. It is a lush combination of Mediterranean foliage and snow-capped alpine peaks—a little bit of edelweiss and a lot more of la dolce vita.

Our third stopover will be on Lake Maggiore, created by receding prehistoric glaciers, leaving a long narrow footprint through steep-sided mountains. On its southern shore is the delightful town of Stresa where young Ernest Hemingway recuperated, fell in love and made it the novelistic setting for *A Farewell to Arms*. Lake Maggiore also hosts the three legendary Borromeo islands of Isola Bella, Isola Madre and Isola dei Pescadoro.

Our last nautical venture will take us to Lake Orta, often described as a shimmering, sleeping beauty, hosting the picture perfect Isola di San Giulio and its picturesque medieval town.

Our guide is Nick Glakas, retired lawyer, college association president and cruise ship lecturer.

To ensure a seat, go to our website www.friendshipheightsmd.gov and register through ActiveNet.

Artisan, continued from page 1

gifts, notecards, textiles, holiday items and much more. The fair continues on Saturday, with more shopping, food concessions, a flow art demonstration, and children's activities. Watch our website and November Village News for more details.

Local artists may contact Anne O'Neil at www.friendshipheightsmd.gov or 301-656-2797 for information about participation and availability.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the September issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout

Dale Conway
Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Paula Durbin
Parliamentarian

Bobby Pestronk
Chairman

Michael Mezey
Cheryl L. Tyler

Martha Solt
Secretary

Roy Schaeffer
Treasurer

VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Page Park construction update

At its September 11 meeting, the Council agreed to adopt its negotiating team's recommendation to propose an amendment to the contract with GreenSweep that authorizes a progress payment in the amount of \$100,000, which includes the structural engineer's fee of \$7,280. GreenSweep subsequently accepted these terms, and the contract amendment was approved.

Meanwhile, the structural engineer has completed the analysis of the pergola to ensure compliance with applicable County requirements, and he has signed and sealed the drawings. This analysis must be included with the permit application submitted to the County's Department of Permitting Services. The Village now awaits the County's response, which is expected to take 30 to 45 days. Please be advised that the Park remains closed until further notice.

Village to host special meeting regarding County's Pedestrian Master Plan

After the Village Council discussed the Montgomery County Pedestrian Master Plan at the last Council meeting and received feedback from residents, the Council will hold a public meeting for residents on Thursday, October 12, 2023, 6:30 p.m., at the Village Center. This meeting will also be livestreamed. This Council listening session invites residents to attend and provide their suggestions regarding the Plan. For those residents who are unable to attend, please submit your written comments before the meeting to info@friendshipheightsmd.gov. The deadline to submit written comments is 1 p.m., Friday, October 13.

Public input will be considered by the Village Council at its regular monthly meeting on Monday, October 16, 2023, at 7 p.m. The Village Council will consider all comments as it prepares its recommendations to be submitted to the County. On the Village website you can find links to the Draft Pedestrian Master Plan and a copy of the memo the Council received as preparation for the September 11 Council discussion.

Potential tenant for the Red House withdraws proposal

The potential tenant for the Red House, Just Baked Bakery, withdrew its lease proposal due to financial concerns. The Village will continue to seek a food service tenant, as a result of last year's community survey. In the meantime, Village managers consulted with the Montgomery County Department of Permitting Services to confirm what would be required by the Village and any future tenant to comply with County regulations for a food facility at the property, as well as compliance with the Americans with Disabilities Act (ADA).

Village to host Public Safety Town Hall

The Village Council Public Safety Committee will host a town hall on Thursday, October 19, 2023, at 6:30 p.m. Residents are invited to voice their concerns regarding public safety in the Village. The Town Hall will be open to the public at the Village Center and also livestreamed. Residents can also email their comments to the Council in advance at info@friendshipheightsmd.gov. The Public Safety Committee will consider all comments at its next meeting (to be scheduled). Please visit the Village website for more details.

Urban Design Study open house

The County Planning Staff will hold a Friendship Heights Urban Design Study open house at the Village Center on Monday, October 30, from 5:30 to 8:30 p.m. Come meet Montgomery Planning staff and talk about where you spend time in Friendship Heights, how you get around and what you love about the area! Drop in any time to participate in interactive activities and chat with staff. Note that on October 24, the same event is taking place at the Wisconsin Place Recreation Center from 5:30 to 8:30 p.m., so you can attend whichever event fits your schedule. If you are unable to attend either event, there will also be an online survey on the study website available in a few weeks where you can provide input to the Planning team. Visit the study website for more information and to sign up for the e-letter to receive project updates:

www.montgomeryplanning.org/FHUDS.

Report a streetlight outage

We are pleased to announce a new feature on our website for residents to report streetlight outages in the Village. Simply visit our website, click on Services, click on Report a Light Post Outage, and then click on the light post on the map. A small window will appear where you can complete the information and submit a report to the Village staff.



Other actions taken at the Sept. 11 Council meeting:

- Adopted and submitted comments involving the MD190 (River Road) Corridor Safety Study.
- Voted to consider appointments to the Community Advisory Committee and Program Advisory Committee at the October 16 Council meeting.
- Approved proposal for Village to host a household battery recycling program at the Village Center.

The next scheduled Village Council meeting will be held on Monday, October 16, at 7 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.

Weekend Art Workshop: Drawing with powdered graphite

Jan Rowland of CityLine Studio offers a drawing workshop of all skill levels on **Saturday, Oct. 7, from 10:30 a.m. to 12:30 p.m.**, at the Village Center.

Enter the mysterious world of powdered graphite and create a strong drawing of dark and light tones. You'll draw simple shapes but enhance them with graphite to create shading and add "mood" to your work. You'll learn to observe objects, experiment with new materials and techniques. Please wear old clothing and bring two HB pencils, an eraser and pencil sharpener.

The cost is \$50 for residents; \$65 for nonresidents. Space is limited. To sign up, go to www.friendshipheightsmd.gov, click What's New, scroll to Activities, and register through ActiveNet.



Giant Pharmacy to offer COVID shots at the Center in November

Giant Supermarket Pharmacy will administer COVID shots to Village residents on **Thursday, Nov. 9, from 10 a.m. to 4 p.m.**, at the Village Center.

Appointments are required. Registration begins Oct. 20 through SignUpGenius on our website www.friendshipheightsmd.gov

Watch our website www.friendshipheightsmd.gov for updates.

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery

Early Morning Hours

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office & Ideal Protein Weight Loss Clinic

Friendship Heights Village at the Elizabeth Arcade

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- **Ideal Protein Certified Weight Loss Clinic** with 1:1 coaching
- Expert manual therapy: myofascial release, cranial sacral therapy, dry needling, PT massage
- Orthopedic injuries, neurological disorders, chronic disease
- Focus on hands-on care

COVID-19 UPDATE

GetWell Rehabilitation is using proper PPE & disinfectants. All sessions are 1:1 with private treatment rooms. Please call for more info.

Friendship Heights

4601 N Park Ave., #10C
Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade

phone **301-654-9355** | info@getwell-rehab.com
www.getwell-rehab.com  find us on facebook



Seniors *Helping* Seniors®

We're Excited to Meet You!

We are a premium in-home care agency that keeps seniors safe and comfortable in their home. Our caregivers are mature and friendly adults which makes our services **like getting a little help from your friends®**.

- ◉ Interested in in-home care service?
- ◉ Interested in becoming a paid caregiver?

Call us today!

shsbethesda.com

301•895•0205



Our Care Services At A Glance

- **Companionship & Socialization**
- **Meal Preparation**
- **Light Housekeeping**
- **Transportation**
- **Medication Reminders**
- **Pet Care & More!**

Licensed as a residential service agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality RSA-01512



Cider, smores, and more at our autumn millennial meet-up

Village millennials are invited to the Village Center on **Thursday, Oct. 26, from 7 to 8:30 p.m.**, for s'mores and more around a firepit in our courtyard. We'll have a selection of seasonal drinks and snacks to enjoy while mingling with other millennials in the Village.

Whether you've just moved in or are a long-time resident, this is a great opportunity to get to know other residents who are between 22 and 40 years old.

The event is free, but please register via our website at www.friendshipheightsmd.gov, go to What's New and scroll down to activities and sign up through ActiveNet.

For more information, call the Village Center at 301-656-2797.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com

Call today to schedule a complimentary lunch and tour:
301-656-1900



The Tech Mensch

Ari Fisher



HOME TECH SUPPORT

Mac • PC • iPhone
Printers • Tutoring

FREE virus scan with each visit.

(202) 262-5378

ari@thetechmensch.com



Computer Help
for All Ages



iPhone and
Tablet Support

Contact Ari to schedule an appointment

The Village Book Club will meet on **Tuesday, Oct. 17, at 11:30 a.m., via Zoom**. The book selection is "Tomb of Sand" by Geetnjali Shree. The November book selection will be "Our Country Friends" by Gary Shteyngart.

CLASSES AND CLUBS



To register, please go to our website www.friendshipheightsmd.gov and sign up through ActiveNet at least 48 hours before the start of the session. A class may be cancelled if the minimum number of students is not met. Participants must pay for the full series. No refunds after the class begins. All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver with Covid protocol. In the event a class is canceled, a make-up class will be held following the last class of the session.

ART AND LANGUAGES

ALL IN THE EYES

A 4-week class, taught by Marianne Winter, Thursdays, 1 to 3 p.m., Oct. 19 to Nov. 9. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$55 for residents; \$60 for nonresidents.

ENGLISH CONVERSATION

(Free)

Mallory Starr leads a conversational English roundtable for adults on Tuesdays, 5 to 6 p.m., This class is free to Village residents. Non-residents pay \$5. A minimum of 2; maximum of 12.

BEGINNING SPANISH

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts beginning Spanish class, with an emphasis on grammar and vocabulary, Tuesdays, Oct. 17 to Nov. 21, 4 to 5:30 p.m. Oct. 12 to Nov. 16. \$225. Minimum of four participants; maximum of eight.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 5:30 to 6:30 p.m. Oct. 12 to Nov. 16. \$15. Minimum of four participants; maximum of eight.

EXERCISE

BALANCE AND STRENGTH

A 6-week class taught by Tonya

Walton, Mondays, Nov. 6 to Dec. 11, 11 to 11:50 a.m. This class will improve the communications between your brain and your muscles. It will consist of routines to strengthen your core, enhance overall mobility, balance and coordination. All exercises are performed while standing or sitting. The cost is \$94 for residents; \$99 for nonresidents.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., Nov. 1 to Nov. 22, taught by Cheryl Clark. This class teaches strategies for basic balance and aid in developing fall prevention techniques and improving your ability to perform daily activities safely. The class will help to build your confidence while maintaining your balance and strengthening key muscle groups. The cost is \$54 for residents; \$58 for nonresidents.

GENTLE YOGA WITH ROBIN

A 5-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, Oct. 22 to Nov. 19, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$87 for residents; \$92 for nonresidents.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Nov. 9 to Dec. 21. Class will not meet Nov. 23. Students are seated in chairs or use chairs for support.

Learn how to incorporate "chair yoga" practices into your life for enhanced mind/body awareness. This class includes techniques to safely stretch, strengthen and balance your body and mind. The practice takes us on a journey guiding us toward holistic change and betterment. Chair Yoga is non-competitive, accessible and fun.

Klein, a member of the International Yoga Teachers Association, has taught for more than 40 years. \$83 for residents; \$90 for nonresidents.

BEGINNING PILATES (FRIDAYS)

A 9-week class, Fridays, 12 to 1 p.m., through Nov. 17, taught by Dawn Maynard. The cost is \$225 for residents; \$250 for nonresidents. Beginner Pilates is for anyone who needs strength and flexibility in the spine and joints, especially shoulders, hips, knees and ankles. Movement modifications will be provided for those who can't put weight on knees or hands. Learn how posture affects the way we sit, stand and walk. No equipment needed except a towel and water. Students may bring mat and any Pilates props.

PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 10-week class, Tuesdays, 6 to 7 p.m., through Nov. 14, taught by Dawn Maynard. The cost is \$250 for residents; \$275 for nonresidents. Students are welcome to bring a towel, mat and any Pilates props.



PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 9-week class, Saturdays, 9 to 10 a.m., through Nov. 18, taught by Dawn Maynard. The cost is \$225 for residents; \$250 for non-residents. Students are welcome to bring a towel, mat and any Pilates props. Class will not meet on Nov. 5

SOUND BOWL THERAPY

A 4-week class, taught by Dinah Simpson, Mondays, 2 to 2:30 p.m., Oct. 16 to Nov. 6. Learn the healing and relaxing powers of crystal singing bowls and breathing techniques. The cost is \$72 for residents; \$85 for nonresidents.

STRENGTH AND CORE (Evenings)

A 10-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., through Nov. 14. Learn the healing and relaxing powers of crystal singing bowls and breathing techniques. The cost is \$90 for residents; \$100 for nonresidents.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Oct. 23 to Nov. 27. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for nonresidents.

QIGONG AND TAI CHI (TUESDAY NIGHTS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Oct. 24 to Nov. 28. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for nonresidents.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 6-week session, Mondays, 10 to 10:30 a.m., Oct. 23 to Nov. 27. Taught by

internationally recognized Master Nick Gracenin, this class presents taolu (formal patterns) of traditional Taijiquan. Students can try the more complex combined 42 Forms Tai Chi Fan. \$70 for residents; \$80 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. Nurse consultations, Tuesdays, 2 to 4 p.m.

CANASTA

An informal group plays canasta on Wednesdays, 2 to 4 p.m. Call 301-656-2797 to register.

CHESS

An informal group plays chess on Wednesdays, 12:30 to 3 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to noon.

DROP-IN BUILDING BETTER BONES

Taught by Gita Pancholy, Thursdays, 11 a.m. to noon. The cost is \$4. Participants who attend regularly may store small weights at the Village Center.

DROP-IN OPEN ART STUDIO

Artists and aspiring artists are invited to bring their art and art supplies and join other artists at our open arts studio at the Village Center on Fridays, from 1 to 4 p.m. While no storage space is available, the space is filled with light and offers a chance for artists to support each other and critique each other's work.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m., at the Village Center. Includes stretching, Tai Chi warm-up exercises, Tai Chi (24 Yang-style), self-massage, and ends with Qigong exercises. The cost is \$5.

FRIDAY FIBER FRIENDS

Knitters, crocheters, weavers, and other fiber enthusiasts meet on Fridays, from 1 to 2:30 p.m. Call Joan Lewis at 301-452-4466 for details.

GREAT BOOKS GROUP

Meets Mondays at 10 a.m. Call Judith Abrahams at 301-215-6950 or Jean McNelis at 301-656-6695 for details.

TEA

Village residents and guests may enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday a month via Zoom. Contact Sheila Manes at manessheila@gmail.com.

WALKING CLUB

The club, shown below, takes an hour-long, two-mile walk in Chevy Chase Village every day, at 8:15 a.m. Meets in front of the Village Center. Call Eniko Basa at 301-657-4759.

Get creative with Heather Paul's collage workshop

Heather Paul of City Line Studios welcomes beginner and more experienced artists to collage workshop on **Sunday, Oct. 1, from 10:30 a.m. to 12:30 p.m.**, at the Village Center.

Collage is a great way to understand the formal elements of design through its fun and satisfying tools: paper, glue, scissors, paint, textured material, found objects and an infinite range of images. Art materials will be provided.

The cost is \$50 for residents; \$65 for nonresidents. Space is limited. Register on our website www.friendshipheightsmd.gov through ActiveNet. For more details, call the Village Center at 301-656-2797.



CONCERTS

Free concerts are held every Wednesday, from 7 to 8 p.m., in Huntley Hall in the Village Center. Please silence all electronic devices and put away reading materials prior to entering the auditorium. If you are arriving late, please wait for a pause in the performance before entering.

Wednesday, Oct. 4—Duo Soliste—Pianist Minna Han and violinist Ji Yun Lee formed a duo while both musicians were pursuing a degree of Doctorate of Musical Arts at the University of Maryland, College Park. They have performed together throughout the United States and South Korea, including a successful recital at Carnegie Hall after winning the Artists International Presentations Award. Other major venues the duo have appeared in include the Preston Bradley Hall and Cindy Pritzker Auditorium in Chicago; Crocker Art Museum in California; and Seoul Arts Center and Lotte Concert Hall in Seoul, South Korea.

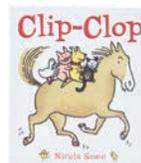
Wednesday, Oct. 11—World Jam Club—In celebration of Spanish Heritage Month, Susan Jones and her World Jam Club present an innovative twist on some of the most beloved and lively tunes of Central and South America.

Wednesday, Oct. 18—Haskell Small—Composer and Pianist Haskell Small exquisitely blends sound and silence in his compositions with prodigious technique and a subtle touch at the piano.

Wednesday, Oct. 25—Janie Meneely and Rob van Sante— Rough as a riot, soft as sea spray, international duo Janie Meneely and Rob van Sante bring a breath of salt air to any stage. Their collaborative effort, marked by evocative

instrumentals, strong vocals and original arrangements support an array of mostly maritime, mostly new material. Singer/songwriter Janie Meneely brings her nautical perspective to the world of folk music and storytelling, celebrating the maritime history, characters, and traditions of the Chesapeake Bay region. In 2015, she partnered with Dutch-born guitarist Rob van Sante who lends his knack for melodies and flair for vocal harmony to Meneely's compositions.

October Village Storytime goes to the farm



Parents, bring your toddlers to the Village Center on **Tuesday, Oct. 10, at 10 a.m.**, for a special storytime dedicated to farm animals.

Our storytime volunteer will read the books, "I Spy on the Farm" by Edward Gibbs, "Clip Clop" by Nicola Smee, and "Spots, Feathers and Curly Tails" by Nancy Tafuri. Children will do a farm-related activity. To reserve a space, go to our website at www.friendshipheightsmd.gov, go to What's New, scroll to Activities, and sign up through ActiveNet. Children must be accompanied by a parent or caregiver.

Your Award Winning Montgomery County, MD, DC, & VA Realtors



- Senior Real Estate Specialist
- At Home Working With Diversity
- Certified International Property Specialist

- Excel in Downsizing
- Attention to Details
- Multigenerational Expertise



RLAH.
REAL ESTATE
@properties

KATHLEEN RYAN
c: 240.418.3127
kathleen.ryan@rlahre.com
www.kathleenryanhomes.com

STACY BERMAN
c: 301.466.4056
stacy.berman@rlahre.com
www.rlahre.com

INGRID RAPAVY
Senior Loan Officer
NMLS #448531
c: 703.597.9925
irapavy@firsthome.com

FIRST HOME MORTGAGE
301.652.0643
4600 N Park Ave #100
Chevy Chase, MD 20815

MOVIES



All movies begin at 7 p.m. Movies that run longer than 130 minutes will begin at 6:45 p.m. as noted. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during these movies.

Thursday, Oct. 5, 7 p.m.—Movie—Asteroid City—It’s 1955 and star gazers from around the country are gathering in the desert town of Asteroid City for an annual celebration and competition, but world-changing events upend everything. From director Wes Anderson, this comedy-drama-romance stars Jason Schwartzman, Scarlett Johansson and Tom Hanks. **Rated PG-13. Running time: 105 minutes.**

Thursday, Oct. 12, 7 p.m.—Special Council Meeting on Pedestrian Master Plan, see page 3 for details.

Thursday, Oct. 19, 7 p.m.—Public Safety Meeting, see page 3 for details.

Thursday, Oct. 26, 7 p.m.—Movie—Renfield—Nicholas Cage is Dracula, a cruel master to Nicholas Hoult’s Renfield, who seeks a new life outside of Dracula’s shadow. First Renfield must figure out how to end their co-dependent relationship in this horror fantasy comedy. **Rated PG. Running time: 86 minutes.**

Color mixing workshop with Amy Sabrin

On **Thursday, Nov. 2, from 1 to 3 p.m.**, at the Village Center, Amy Sabrin of CityLine Studio teaches color mixing workshop for new or developing artists who want to learn how to mix clean, bright colors rather than muddy messes; create a unified palette for your painting rather than a disjointed one; and choose a specific color, instead of guessing. For class, we will work with watercolors or acrylics – your choice – but the tools and principles you will learn can be used in any medium. Attendees provide their own materials. A supply list is available upon registration. The cost is \$45 for residents; \$55 for nonresidents. Space is limited.



To sign up, go to www.friendshipheightsmd.gov, click What’s New, scroll to Activities, and register through ActiveNet.

Hello Neighbor! Thinking about selling your long-time home can be overwhelming. The actual process shouldn’t be.

Our team can help you each step of the way, at your own pace—from deciding to sell, to prepping the home, and all the way through closing and moving.

Call today for a free home equity review!



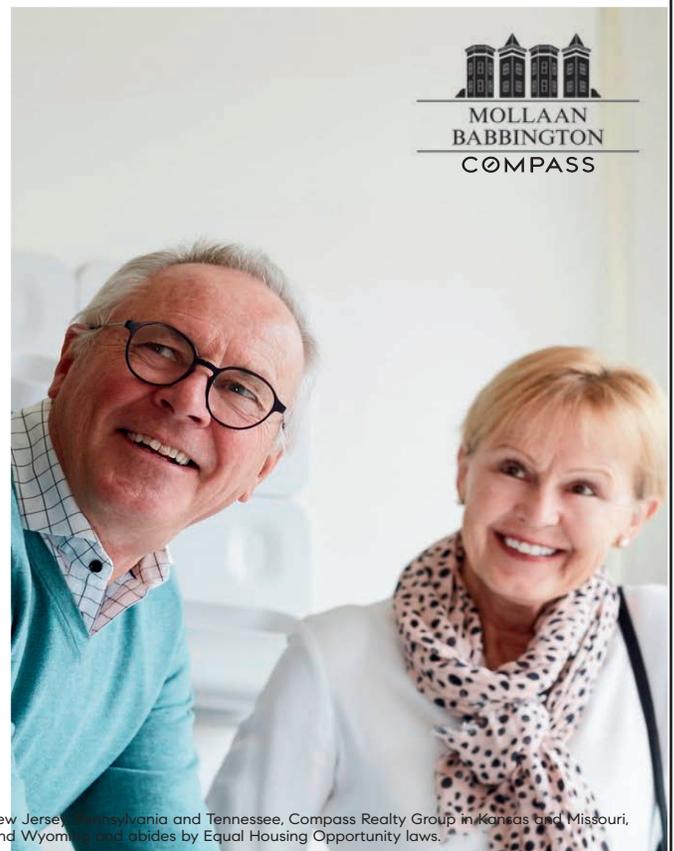
Janis Wilson & Margaret Babbington
240.460.4007

The Mollaan Babbington Group of Compass
mbgroupdmv.com
Nine Languages Spoken!

5471 Wisconsin Avenue Suite 300
Chevy Chase, MD 20815
301.298.1001 | compass.com



Compass is a licensed real estate broker, licensed to do business as Compass RE in Delaware, Idaho, New Jersey, Pennsylvania and Tennessee, Compass Realty Group in Kansas and Missouri, Compass South Carolina, LLC in South Carolina, and Compass Real Estate in Washington, DC, Idaho and Wyoming, and abides by Equal Housing Opportunity laws.





ART AND CULTURE

Art through the eyes of the women of City Line

City Line Studios presents “As We See It 2023” through Saturday, Oct. 15, in the Friendship Gallery. This exhibition celebrates 10 local women who share space at 4602 North Park Avenue. With varied styles, from representational to pure abstraction, the work of these seasoned artists is represented in regional, national, and international collections.

Their distinctive work is also influenced by roots in Europe, South America, and Australia. Leaving behind identities in a broad number of other professional fields, these artists share space, inspiration and a commitment to full-time painting.

The artists include: Cathy Abramson, Diane Dowling, Luz Marie Gutierrez, Carol Kleinman, Heather Paul, Jan Rowland, Amy Sabrin, Pat Silbert, Wendy Smith and Rosa Vera.

The Village Center is open Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for



“Clouds” by Cathy Abramson

viewing because of activities in that room. Please check with the front desk upon arrival. All sales are final.

Former students honor teacher and Village resident Doris Haskel

Haskel’s Palette, a group of eight artists honoring long-time Village resident Doris Haskel, exhibit its work beginning Monday, Oct. 16, through Saturday, Nov. 19, 2023, in the Friendship Gallery.

The exhibition celebrates the life and mentorship of Doris Haskel (1921-2019), who taught art to children and adults in Montgomery County for more than 50 years. For many years, she led a weekly art workshop at the Village Center, where the painters who later formed Haskel’s Palette met. Some members of the group painted together with Doris for more than 30 years. Doris also exhibited her artwork at the Baltimore Museum of Art and the Corcoran Gallery.

The exhibit includes vibrant abstracts, landscapes, and portraits by artists Justin Bobak, Christina Haslinger, Harris Leibergot, Gordon Lyon, Janet Mattson, Pratchi Shah, and Ellen Wilcox. Shah is a resident of the Village community.

Meet the artists during an artists’ reception on **Sunday, Oct. 22, from 11:30 a.m. to 1 p.m.**, at the Village Center.

The Village Center is open Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and



“Till The Cows Come Home” by Ellen Wilcox

Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk upon arrival. All sales are final.

TO YOUR HEALTH

Suburban Lecture addresses practical management of Parkinson's Disease

Join Aviva Ellenstein, MD, PhD, a neurologist at the Washington Brain and Spine Institute during this month's Suburban Lecture on **Wednesday, Oct. 11, at 1 p.m.**, via Zoom. Parkinson's disease is the fastest growing neurological disorder in the world. The risk of developing Parkinson's naturally increases with age, and the average age at which it starts is 60 years old. The condition isn't curable, but there are breakthrough innovations in treatment and many treatment options. We'll learn about the new definition and diagnostic criteria of the disease, recent advancements in treatment, how a multi-disciplinary approach has proven successful, and the latest in non-surgical interventions.

This lecture is offered by Suburban Hospital in partnership with the Friendship Heights Village Center. To register, call the Village Center at 301-656-2797.

Low Vision Support Group
Thursday, Oct. 26,
from noon to 1 p.m.



Bring your low vision concerns to this informal meeting

Sandy Neuzil of the Prevention of Blindness Society will host an informal conversation on **Thursday, Oct. 26, from noon to 1 p.m.**, at the Village Center. This meeting offers participants with low vision the chance to air their concerns and offer examples of situations that can range from awkward and annoying to daunting and seemingly impossible. Neuzil can also offer suggestions to help figure out a way to do things with diminished vision.

Feel free to bring a bag lunch to this talk.

Please register online for this talk. For more information, call the Village Center at 301-656-2797.

Don't forget to sign up for our flu shot clinic on **Wednesday, Oct. 4, from 12 to 4 p.m., at the Village Center.** To register, go to our website www.friendshipheightsmd.gov, and sign up through SignUpGenius.



Independence Plus Friendship Heights

Assistance when you need it. Independence when you don't.

The Independence Plus program from SmithLife Homecare provides flexible assistance you need with two hour minimum, no long-term commitment, no hidden charges, and at very reasonable rates. We accept long-term care insurance.

Whether you are recovering from a minor setback or you just need a little extra help, Independence Plus can offer a variety of supportive services. 24 hours advance notice is requested for new service.

Rate for Independence Plus - 2 hour minimum \$29.95 / hour

Our Friendship Heights pilot program is available only for the residents in the Village of Friendship Heights community from 7am to 10pm, 7 days a week.

In addition to providing short hours, SmithLife Homecare can provide longer hours, overnight care and 24/7 support.

Some of the services we offer are assistance with dressing, doctor's appointments, showering, personal hygiene, light housekeeping, meals, walks, and medication reminders.

Call us today to customize your unique caregiver services!

*** FHNN members receive the first hour free**

SmithLife
HOMECARE

Call us today for more information or to schedule your service

(301) 816-5020

4600 N. Park Ave. #111, Chevy Chase, MD 20815

SMITHLIFEHOMECARE.COM

MD License #R1152R | DC License #NSA-0611 | DC #HSA-0014



Sam Solovey



Vice President, Compass
Sam Solovey Group of Compass

Realtor® DC/MD/VA/DE
M: 301.404.3280 | O: 301.298.1001
sams@compass.com

Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 5471 Wisconsin Ave Suite 300 Chevy Chase, MD 20815

COMPASS

Know someone looking to relocate?

No matter where they want to go, I can use my national network to help them.

Introduce us!



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Like us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Like us on Instagram:

www.instagram.com/Village_of_friendship_heights

Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

October 2023 events calendar